



Spring forward with A Walk in the Parkland

Sat 26th
March
12pm



After the great fun and success of last summers sponsored walk, Mind in Haringey are once again asking our community to get involved with a sponsored 'Walk in the Parkland.' The Parkland Walk, known and loved by many Haringey locals, covers the distance from Alexandra Palace to Finsbury Park and passes many local attractions along the way – including the Mind in Haringey building!

Walk part or whole of the idyllic 3.1 mile route (5km), asking friends, family and coworkers to sponsor you to help raise money for Mind in Haringey's mental health services.

The Mind in Haringey team will be walking the route on **Sat 26th March at 12pm** and you are more than welcome to join us, or walk the route on a day or time that suits you. We will be starting at the Mind in Haringey building (73C Stapleton Hall Rd Finsbury Park, N4 3QF)

Questions?
email: admin@mih.org.uk



In aid of

Mind
in Haringey

Walk in the Parkland

Advice:

If you do decide to join us, here are some important things to be aware of:

- The meeting point for the walk is outside the Mind in Haringey Offices at 12pm. We be will departing 5-10 mins after our scheduled meeting time.

- Weather can often be mixed, so umbrellas, light rain coats, sensible shoes and maybe even an optimistic pair of sunglasses are advised.

- Make sure not to wear your favourite pair of shoes! Even if weather is generally fine before the walk, it incorporates a wide variety of terrain and muddy feet are a distinct possibility.

- It would be advisable to a bring a bottle of water; the walk takes in a large number of natural areas and does not pass very many shops.

- It is not essential to walk the whole route if you begin to feel tired or out of sorts! The most important part of mental health awareness week is to look after your mental health and enjoy the sights on offer. Walking is hugely beneficial for your mental health and we wanted to bring the community together in the open air, to raise money and honour this year's theme of nature, there is no pressure!

- If you lose or cannot meet anyone in your group in time, setting either the start or finish point as a meeting place in advance would be a good idea, although the walk is long, the distance between the two points is not that large, particularly by bus or train.

Enjoy!



You can donate
at

<https://www.mindinharingey.org.uk/get-involved/our-fundraisers/>

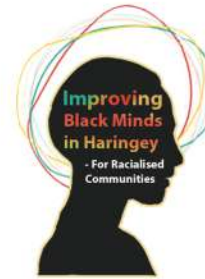
Projects and Services at



Haringey Reach and Connect is a support service available to Haringey residents who are aged 50+. We provide information, guidance and support to enable local people to build skills, friendship, networks and confidence to achieve their goals. We can support you over the phone, in person or by email. We are a light touch service, working with individuals for up to five hours.

People who are in need of support can refer themselves directly to us. Our offer won't be right for everyone, but if it's not we'll ensure that the right kind of support is found. We also accept referrals from local organisations, groups, family and friends.

In addition to individualised support, we facilitate a range of projects and activities. For more information or to refer yourself to Reach and Connect email hello@reachandconnect.net or call us on **020 3196 1905**.



An Emotional support and therapeutic service offering both Groups and counselling to anyone in Haringey from our racialised communities. We will provide up to 10 weeks 1-2-1 Counselling, either face to face, over the phone or online, offered by counsellors who reflect our racialised community of Haringey, practicing different models of counselling for adults such as integrative, humanistic, Psychodynamic and Cognitive behavioural therapy.

If you need any assistance to complete the referral form, then please send an email to bankole.jaiyeoba@mih.org.uk who will contact you to complete this form.



A mental health crisis support line, open **7 days a week, 5pm-8pm**. Originally, the **Safe Haven** was a crisis café service, which aimed to provide a safe space for individuals who were at risk of a mental health crisis. Due to the pandemic, we have re-designed the service temporarily (until 2021) to be a virtual and over the phone service. Individuals can call into service: **0800 953 0223 (5pm-8pm daily)**



The Bereavement project at Mind in Haringey is free to access for anyone in Haringey with lived experience of bereavement. The project offers a group for Cruse trained professionals to become Bereavement Champions in the local area. A facilitated group who have experienced bereavement, 10 weeks of free counselling sessions to people who have suffered a loss and the opportunity to join our mental health half day first aid course. The service offers members a safe space, to attend on a weekly basis, to share experiences and feelings in private as well as additional support from a counsellor on a 1-on-1 basis. Simply complete the referral form on our website or contact alessandra.santos@mih.org.uk for more information.



The Haringey Wellbeing Network (HWN) is a mental health and wellbeing community support service for the London Borough of Haringey. The network is made up of three specialist mental health organisations and is the single point of entry for all community mental health support needs in Haringey. The network aims to support the community by providing better access to a range of support services for adults living in Haringey. These are designed to help build resilience and reduce the onset of mental health problems by focusing on and helping individuals achieve positive outcomes in the following key areas:
· Mental Wellbeing · Physical health · Social networks · Self-management

